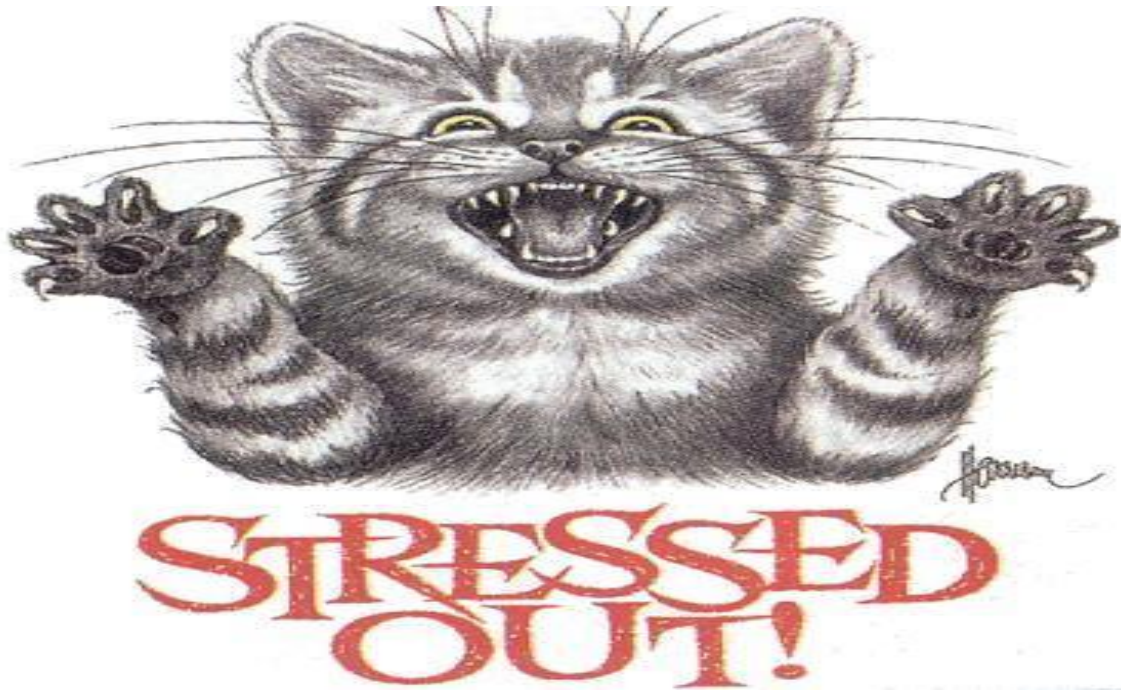


# STRESS MANAGEMENT



We can help you understand what stress is, its symptoms, and the causes. We also provide valuable tips on time management, life style changes, and relaxation techniques.

To register, call: 337-531-1938  
Childcare is provided as long as children are registered with CYSS.

## Time & Dates:

11:00 – 12:30  
24<sup>th</sup> June  
22<sup>nd</sup> July  
26<sup>th</sup> August  
23<sup>rd</sup> September



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